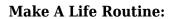
# Healthy Daily ROUTINE

# to get you out of a rut

6:00 am wake up 6:05 am drink water (& do that throughout the day) 6:30 am move for 30 minutes, preferably outside (sweat!) 7:10 am plan the day and get ready 8:10 am work towards a goal (new project/learn smth new) 9:00 am stand up and stretch/walk to take a break 9:10-10:30 am work 10:30 am smoothie (healthy breakfast) 10:45 am - 1:00 pm work (with a 10-minute walking break at 11:45) 1:00 pm-2:00 pm lunch break - have a salad with hummus (including around 15 min walking) 2:10-6:00 pm work (include 3x 10-minute walking breaks) 6:30 - 7:45 pm cook and eat dinner with family/friends (prep meals for tomorrow) 7:45 - 8:45 pm walk with family/friends 8:45 - 9:45 pm relax (read, stretching, skincare) 10:00 pm go to bed

# **Make A Life Routine**

**Robert R. Redfield** 



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